ROTARY CLUB KELOWNA OKANAGAN MISSION MEETING NOTES AND NEWSLETTER CREEKSIDE PUB 09 MAY 2016

ATTENDANCE: Active Members 16/21 (76%) Honourary Members 0/3 Guests: Selena WONG (Speaker) John DENNEY (Ken Kilcullen) Total Attending 18

President Elect Irma Lux presided

FOOD DRIVE 30 APR 2016 (Irma & Neil)

- Irma, Iain and Neil covered a shift at the Mission Save-On Store
- Food Drive was a success with Kelowna Rotarians collecting 12K lbs of Food
- Kamloops Rotarians collected 55K lbs of Food
- There are plans to make this an annual event

SHELTER BOX (laurie)

- Please bring your cheques to the next meeting (Tuesday 24 MAY 2016) if you wish to personally donate towards replenishing the Shelter Box Inventory to offset the distributions to Fiji.
- Personal cheques to Shelter Box via Laurie will result in a Tax Receipt

HONOURARY PAUL HARRIS FELLOWSHIP – Dr. Stan VALNICEK

- Unanimous Dr VALNICEK is a local Plastic Surgeon who has participated/lead the surgical teams on all but one Rotaplast Canada Mission and more recently the RESTOR missions. VALNICEK has been instrumental in changing the focus of the RESTOR Missions from cleft palate surgery to the treatment of burns augmented by a teaching component so in time the local medical people will be able to better treat victims.
- There is no cost to the Club for this award....we will use our RI Paul Harris credits.

DISRICT CONFERENCE KELOWNA BC – April 28-30 2017 (DG Vern NEILSEN)

- Next years District Conference will be held at the Delta Grand Hotel
- If you register before 30 MAY 2016 the cost will be \$190.00 Cdn per person, which is a saving of 25%. After 30 MAY 2016 the registration fee increases to \$250.00
- For more information Email Conference Chair at D5060Conference2017@gmail.com

CLUB ELECTIONS

The following members will form the Executive for the upcoming Rotary year (2016/2017)

DIRECTORS

- 1. Steve WOLFENDEN Foundation
- 2. Howard PEET New Generations
- 5. Ken KILCULLEN -Public Relations
- Laurie GAYMER Membership/Website
 Marie-Yvonne CLEAVER TBA
- GUEST SPEAKER Selena WONG
- 0. Mane-roomie CLEAVER TBA

2. Lois SERWA – Ways and Means

- Selena is one of the founders of The Flower of Life Compassion Club Society in Vernon
- The Flower of Life is a mail order Cannabis Apothecary
- WONG advocates that medically prescribed cannabis can provide short therapeutic relief for neuropathic pain arthritic inflammation, muscle soreness, migraine headaches, GI issues, anxiety, depression etc.
- Cannabis can also be used to help with disorders of the brain, liver, intestines and immune system
- Cannabis can be used as preventative medicine; used to restore a sense of well being and promote peace of mind
- WONG emphasized that cannabis properly distributed can have a number of benefits. People should not confuse the benefits of legally grown and distributed cannabis with the more common perceptions of illegally grown and distributed cannabis which has very high levels of THC that impair judgement etc.
- For more information on the medical use of cannabis contact visit <u>www.CBDConnect.org</u>

UP COMING EVENTS:

24 MAY 2016 (Tuesday)	Regular Meeting	
30 MAY 2016	Joint Meeting Westbank Rotary	
13 JUN 2016	Regular Meeting	Essay Contest ?????
27 JUN 2016	Installation Dinner and Awards Night (Creekside)	

DUTIES FOR MAY		
GREETER: Howard Peet	SHERIFF: Chris Dehart	ROTARY MOMENT: Ken Kilcullen

OKM SECRETARY 16 MAY 2016